



Overcoming Domestic Violence in NJ

This brochure provides information and resources for individuals experiencing domestic violence in New Jersey. It covers signs of abuse, legal resources, safety tips, and local/national hotlines. It emphasizes hope and empowerment, providing a roadmap for survivors seeking to break free from abusive situations.

Signs of Abuse

Physical Abuse	Hitting, kicking, shoving, biting, choking, using weapons
Emotional Abuse	Name-calling, insults, threats, intimidation, controlling behavior, isolation, gaslighting
Sexual Abuse	Unwanted sexual contact, forcing sexual acts, sexual coercion, rape
Financial Abuse	Controlling finances, withholding money, forcing a person to be financially dependent

Legal Resources: Ziegler Law Group



Experienced Attorneys

Our team of dedicated attorneys specializes in domestic violence cases, providing legal guidance and support to victims.



Comprehensive Services

We offer a wide range of legal services, including restraining orders, custody arrangements, and divorce proceedings.



Strong Advocacy

We advocate fiercely for our clients, ensuring their rights and safety are protected throughout the legal process.

Legal Resources: Ziegler Law Group

Ziegler Law Group is a dedicated legal team specializing in family law and domestic violence. We understand the complexities of these situations and offer compassionate, experienced representation to help you protect yourself and your children. We offer:

- **Protective Orders:** Seeking a restraining order against an abuser can be essential for safety.
- **Custody and Visitation Disputes:** We advocate for your best interests and those of your children.
- **Divorce and Separation:** We navigate the legal process for a fair outcome.
- **Child Support and Alimony:** We ensure your financial stability and the well-being of your children.

Contact us today for a confidential consultation. We are here to help you navigate the legal complexities of domestic violence and rebuild your life.

Ziegler Law Group: 973-533-1100 | [info@zieglerlawgroupllc.com/](mailto:info@zieglerlawgroupllc.com)

Safety Tips for Survivors

It's crucial to prioritize your safety when experiencing domestic violence. Here are some essential tips:

- **Develop a Safety Plan:** Identify safe places to go and create a plan for leaving quickly.
- **Trust Your Instincts:** If you feel unsafe, remove yourself from the situation.
- **Reach out for Help:** Tell friends, family, or a domestic violence organization you trust.
- **Secure Important Documents:** Gather essential documents like your passport, birth certificate, and driver's license.
- **Change Locks:** If you're in a shared residence, change the locks for your safety.
- **Keep a Safe Distance:** Avoid contact with your abuser, even through text or social media.
- **Know Your Rights:** Familiarize yourself with legal protections available to you in New Jersey.
- **Seek Counseling:** Professional support can help you cope and process your experiences.

Remember, you are not alone. There are resources available to help you stay safe and rebuild your life.

National Domestic Violence Hotline

The National Domestic Violence Hotline is a confidential, 24/7 resource for survivors of domestic violence. It offers support, information, and referrals to local resources.

Contact Information:

- **Phone:** 1-800-799-SAFE (7233)
- **Website:** <https://www.thehotline.org/>
- **Chat:** [Online Chat](#)

You can reach out to the hotline by phone, text, or online chat. Their trained advocates are available to listen, offer support, and provide resources.



Reclaiming Strength and Building a New Life

Experiencing domestic violence can leave survivors feeling isolated and broken, but it's important to understand that a life of safety and happiness is within reach. Empowerment begins with small, consistent steps toward reclaiming control and rediscovering hope.

Rebuilding After Abuse:

- **Acknowledge Your Journey:** Recognize the strength it took to survive and begin your recovery.
- **Take Action:** Seek support through trusted friends, family, or professional counselors.
- **Set a Vision:** Envision the life you want and set tangible goals to work toward.
- **Foster Independence:** Learn skills and explore resources to build self-reliance.

Finding Resilience:

- **Focus on Growth:** Use your experiences as a foundation for personal growth and strength.
- **Connect With Others:** Build a network of people who uplift and inspire you.
- **Prioritize Healing:** Explore therapy, mindfulness, or hobbies that bring joy and peace.

Remember, while the journey may be challenging, you are capable of overcoming adversity and building a fulfilling future.

Local Domestic Violence Resources

New Jersey has a network of local domestic violence organizations providing comprehensive support services:

These organizations offer a range of services, including:

- **National Domestic Violence Hotline:**
 - Phone: 1-800-799-SAFE (7233)
 - Chat: [Online Chat](#)
 - Text: "START" to 88788
- **Local Support Groups or Shelters in New Jersey:**
 - To find local resources, you can visit:
 - [The Hotline - Local Resources](#)
 - [National Network to End Domestic Violence](#)
 - **For immediate help, consider contacting:**
 - New Jersey Coalition to End Domestic Violence
 - Phone: 609-584-8107
 - Website: [NJCEADV](#)
 - **Additional resources include:**
 - Jersey Battered Women's Services (JBWS)
 - Phone: 973-267-4763
 - Services: Emergency shelter, counseling, legal advocacy
 - Website: <https://jbws.org/>
 - **Women Aware**
 - Phone: 732-249-4900
 - Services: Domestic violence services, shelter, legal advocacy
 - Website: <https://womenaware.net/>
- **Legal Aid - Ziegler Law Group, LLC:**
 - Specialty: Domestic Violence, Family Law, Divorce
 - Phone: 973-533-1100
 - Location: New Jersey, USA
 - Website: <https://zieglerlawgroupllc.com/> and **Safe Housing:** Emergency housing and safe environments for survivors.

These local organizations are vital resources for survivors seeking a path to recovery and empowerment.

Empowerment and Finding Hope

Domestic violence is a complex issue, but it's important to remember that you are not alone and there is hope for a brighter future. You are strong, courageous, and capable of overcoming this challenge.

Empowerment:

- **Recognize Your Strength:** You've survived a difficult experience and are already demonstrating incredible resilience.
- **Take Control:** You have the power to choose your own path and create a safe and fulfilling life for yourself.
- **Set Goals:** Focus on your future goals and what you want to achieve.
- **Celebrate Your Victories:** Acknowledge your progress and celebrate every milestone along the way.

Finding Hope:

- **Seek Support:** Reach out to friends, family, support groups, or professional therapists.
- **Focus on Self-Care:** Prioritize your well-being with healthy habits, exercise, and relaxation.
- **Believe in Yourself:** You deserve a life free from violence and abuse. Believe in your strength and your ability to heal and thrive.

Remember, you are not defined by your experience with domestic violence. You are worthy of safety, happiness, and love.

Finding Hope

It's important to understand that healing from domestic violence is a process. It might feel like a long road, but progress is possible. There are resources and strategies available to help you reclaim your life.

You can begin to feel empowered by celebrating your strengths. You've survived a challenging experience, and you're already showing incredible resilience. There are things you can do to build a brighter future.



Conclusion

Domestic violence is a serious issue, but with the right support and resources, survivors can overcome their challenges and build a brighter future. The information and resources in this brochure are just a starting point. Reach out to the organizations listed for additional support, legal assistance, and guidance. Remember, you are not alone, and there is hope for a life free from abuse.

Ziegler Law Group, LLC

Seeking legal support? Ziegler Law Group specializes in family law, including domestic violence cases. Their experienced attorneys advocate for your rights and offer compassionate guidance.

Contact Ziegler Law Group today 973-533-1100.

